

**Figure 1.** A schematic diagram illustrating the experimental design. The figure shows two parallel horizontal timelines. The top timeline is labeled "Participant's Time" and includes three segments: "Pre-Test", "Training", and "Post-Test". The bottom timeline is labeled "Time of Day" and includes four segments: "Morning", "Afternoon", "Evening", and "Night". Vertical arrows indicate the timing of events: "Pre-Test" occurs at the start of the Morning segment; "Training" spans from the end of the Morning segment through the Afternoon and Evening segments; and "Post-Test" occurs at the start of the Night segment.

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